Wheeler Center of Excellence | CHILD & ADOLESCENT

Parent Child Interaction Therapy (PCIT)

SUPPORTING PARENTS, STRENGTHENING FAMILIES

Parent Child Interaction Therapy (PCIT) is a therapeutic family program for caregivers and children ages 2-7 that can be provided either in the clinic setting or in the family's home. PCIT is an evidence-based model that targets the parent-child relationship, coaching parents on positive and supportive interaction styles and promoting new skills and behaviors for children who may be displaying challenging behaviors. This model allows flexibility for it to be conducted in-home or in-office, at our Waterbury location at 855 Lakewood Road. PCIT consists of weekly 1-hour sessions, with the average length of treatment time being 12-20 weeks.

This program is available for families with children experiencing behavioral difficulties such as frequent tantrums, defiance, and physical aggression that may be causing overwhelm, frustration, and/or embarrassment in the family. Both the caregiver and child are present throughout PCIT sessions, and the caregiver is live coached by the clinician on the utilization of behavior management skills. PCIT has been shown to increase feelings of safety and security within the parent-child relationship, increase caregivers' confidence, and increase children's self-esteem and prosocial behaviors. Additionally, PCIT has been shown to decrease caregivers' frustration and stress and decrease children's tantrums, hyperactivity, aggression, and negative attention-seeking behaviors.

There are no fees for PCIT services and no income requirements for this service. This service is funded as a prevention program through the CT Department of Children and Families. The program is designed for families who need support but are not currently and actively receiving services or involvement with DCF.

We serve parents, children, and families in Department of Children and Families Region 5: Greater Waterbury, Greater Torrington, and Greater Danbury.

Contact

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Location

855 Lakewood Road
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Funding Source

Connecticut Department of Children and Families

ABOUT WHEELER

Wheeler provides comprehensive solutions that address complex health issues, providing individuals, families and communities with accessible, innovative care that encourages recovery, health and growth at all stages of life. Our integrated approach to primary and behavioral health, education and recovery creates measurable results, positive outcomes and hopeful tomorrows for more than 60,000 individuals across Connecticut each year.

WHEELER'S CENTERS OF EXCELLENCE

- Driven by cutting-edge clinical innovation and use of evidence-based practices;
- Offers easy access to a comprehensive array of treatment and recovery support services that are culturally, gender, and age-responsive, trauma-informed, and build on individuals' strengths to foster resiliency and recovery;
- World-class customer care is provided in an integrated, coordinated fashion, ensuring continuity of care; and
- Partners with youth and families in yielding excellent outcomes and high client satisfaction.

For more information about Wheeler Health, please call 888.793.3500 or visit WheelerHealth.org

Licensed or approved by the Connecticut Department of Children and Families, the Connecticut Department of Public Health and the Connecticut State Department of Education, accredited by The Joint Commission.

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PRIMARY & BEHAVIORAL HEALTH EDUCATION EARLY CHILDHOOD PREVENTION & WELLNESS